



Barbara Pressman speaks to students and faculty in The Sanctuary about maintaining healthy relationships Dec. 8.

(Photo by Amy Sonnenberg)

Women's Resource Group hosts speaker on healthy relationships

Therapist is author and co-author of books on family violence and violence against women.

By Amy Sonnenberg

Conestoga's Women's Resource Group hosted a speaker on healthy relationships during a free nooner in the Sanctuary Dec. 8.

Barbara Pressman, an individual, couple and family therapist from Waterloo, impressed on students and faculty the importance of developing and maintaining mutually satisfying relationships.

She is the author of *Family Violence: Origins and Treatments* and co-wrote and co-edited *Intervening with Assaulted Women: Current Theory, Research and Practice*.

Pressman said the discussion pertained to everyone.

"It's human nature to couple," she said. "However, we haven't found a way to couple successfully."

She said the reason is that most people haven't learned all they need to know.

"The two most important elements of being human that we are never trained for successfully are partnering and parenting," she said, adding the elements we do learn are picked up from our parents.

The main problem with relationships is we rely too much on our feelings and not on our minds, said Pressman.

"We couple with our hearts and feelings, generally not with our heads," she said.

Pressman proved her theory by explaining her

"The two most important elements of being human that we are never trained for successfully are partnering and parenting,"

Barbara Pressman,
therapist

"checklist". She said she made a list of everything she wanted in her marriage. Some things on the list were missing from her marriage, but she decided at the time that those elements were not important. She said that those missing elements were what caused her marriage to inevitably fail.

She then asked the audience to suggest what elements it thought made a good relationship. The

responses were: respect, communication, trust, honesty, passion, commitment, equality, loyalty, forgiveness, understanding and support.

"That's a good list," Pressman said, adding many of those elements were on her list as well. Pressman's list included: respect; safety (no emotional or physical violence); emotional support; affection; companionship; common interests, goals, values and lifestyles; compromise and inclusive decision making.

These elements and others were listed on handouts, available to everyone after the discussion.

The audience was also free to ask Pressman questions regarding relationships. Barb Kraeler, a counsellor at Doon and a member of the women's group, explained that Pressman had come to speak in connection with the anniversary of the Montreal Massacre.

Kraeler said the women's group realizes violence is part of society, and thought preventative measures against violence would be an appropriate remembrance.

Relief valve breaks Flood in lab caught in time, security says

By Casey Johnson

A flood in the mechanical spine of Conestoga College's Doon campus leaked into computer lab 2B22 and caused damage to computer equipment Dec. 1.

Approximately 100 litres of water leaked from a pipe in the spine into the computer lab below, said Bob Gilberts, security supervisor for the campus.

The relief valve broke because of too much steam pressure build-up, he said.

"When it blew, it (the water) didn't hit the drain. Instead, it seeped through the cracks in the floor right above 2B22," said Gilberts, who has been employed by the college for just over 20 years.

At around 10 p.m., a Doon security guard noticed the leak on her rounds called it into the security office.

After it was called in, the other security officers quickly covered

the remaining computers so they wouldn't get damaged, he said.

Only one monitor and two keyboards were damaged, said Brian Lee, a computer technologist at Doon campus.

"The monitor had to be replaced, but the two keyboards were repaired after we vacuumed them out and cleaned them up," he said.

"That's really getting off lucky," said Gilberts.

According to Gilberts, floods of any significance don't happen very often at the college.

The only other major flood that caused any damage was around 15 years ago.

It was also caused by a broken pipe generated from the mechanical spine. The leak damaged some lockers by Door #3.

Grant McGregor's office said the repair costs have not yet been estimated.

McGregor is the college principal.

Grad dies in snowmobiling accident

By Hunter Malcolm

A recent graduate of Conestoga's health care aide program died, following a snowmobiling accident on Dec. 6.

Juliette Stobbart, 20, of West Garafraxa Township was in a field off Concession 3 when her snowmobile went through a cedar rail fence and hit a tree.

She died later at Groves Memorial Hospital in Fergus, the Kitchener-Waterloo Record reported Dec. 8.

Stobbart, who attended classes at the Waterloo campus before she graduated this past June, was employed at the Pinehaven Nursing and Retirement residence in Waterloo and was engaged to be married.

A funeral service was held on Dec. 10.



Right hand on yellow . . .

Participants concentrate on getting twisted around in the DSA's Twister tournament in the Sanctuary Dec. 2.

(Photo by Amy Sonnenberg)



Lisa Pozojevic, fifth-semester nursing, practices her techniques on a dummy.

(Photo by Erica Ayliffe)

The future of nursing

Study indicates personnel shortage by year 2001

By Erica Ayliffe

Canada is facing a severe shortage of nurses, according to a news release issued by Conestoga College's public affairs office Nov. 25.

By the year 2011, the Canadian Nursing Association (CNA) is estimating a shortage of registered nurses in the range of 59,000 to 113,000 in Canada.

Conestoga's dean of nursing, Bill Jeffrey, approached the public affairs office after the national nursing association released The Future Supply of Registered Nurses Nov. 4.

The independent, peer-reviewed study notes nurses entering the profession at an older age, fewer people entering nursing and a rapidly aging population are to blame for the predicted shortfall.

Statistics on age at graduation from nursing programs between 1980 and 1994 demonstrate large increases in nurses graduating at an older age, shortening the working lives of registered nurses. In 1980, around four per cent of graduates were age 31 or older. By 1993, this percentage jumped to 23 per cent.

Enrolment rates in nursing programs have been rapidly decreasing at the same time, the study stated. In the 1970s, around 10,000 nurses graduated each year. Output in the years 2000-2001 could be as low as 5,200.

Enrolment rates are dropping, said Jeffrey in an interview, because of a misconception that

there are no nursing jobs because of the downsizing of hospitals.

Health care has drastically transformed from hospitals to communities and there are various employment opportunities in these areas, he said. Also, there will be numerous full-time positions in hospitals when baby boomers retire, he added.

Canada's aging population is also increasing the need for nurses, reports the CNA study. Statistics Canada estimates by the year 2011, Canada's population will rise by 23 per cent, increasing overall demand for health services. The demand for registered nurses could rise by as much as 46 per cent, stated the report.

There are already nursing shortages in critical care areas of hospitals, said Jeffrey, a trend he said will filter into rural communities, eventually affecting all areas of nursing.

To combat this potential shortage, Conestoga has taken steps to increase enrolment and to demonstrate an optimistic future to potential nurses, said Jeffrey.

The nursing program has advertised in local papers and on local radio stations for students, and Jeffrey has contacted local high schools to visit and inform on the future of nursing.

"Young people can and should view nursing as a viable, exciting career choice, because the existing cohort of nurses is aging at the same time that the need for new professionals is growing," said Jeffrey in the news release.

There are numerous job opportunities for nurses in the community, as well as entrepreneurial jobs in private home care, he said in the interview.

Conestoga's nursing program has been modified over the years to accommodate this shift in health care from hospitals to community care, said Jeffrey.

"We have deliberately modified, restructured and diversified our approach to professional health care education over the last few years," said Jeffrey in the press release.

"We have kept a strong presence in health care education, unlike other colleges, because we knew this situation (shortage) would develop."

The CNA report states the skills of future nurses will be broader, combining health care knowledge with the ability to do effective research and critical thinking. Conestoga's nursing program has reformed its curriculum to speak to the CNA's concerns over the need for multi-skilled nurses ready to work in diverse health care settings, said Jeffrey.

Conestoga is taking steps to ensure it can produce sufficient and qualified nurses for the changing profession, said Jeffrey, while other colleges have dropped nursing programs.

To further inform the public on nursing education and opportunities, there was to be a public seminar Dec. 3 at Doon campus to explore the findings and implications of the CNA study.

Nursing field will offer new job opportunities in future, dean says

By Erica Ayliffe

Despite what the press may report, there are many new job opportunities for nurses, Conestoga's dean of health sciences told about 20 listeners during his speech entitled Nursing in the New Millennium Dec. 2.

The majority of the audience in Room 2A56 was not enrolled at Conestoga and told Bill Jeffrey before the speech that they came to hear him speak about the job market for nurses.

Jeffrey said the market is expanding despite the downsizing of hospitals. In fact, he said, that many jobs have been created because of shorter hospital stays resulting from cutbacks.

"One of the most significant trends in nursing," he said, "is from hospital- to community-based care."

Jeffrey commented that this shift in nursing has created a "hospital without walls" in the community.

New job opportunities include positions in palliative-care teams that support a dying patient and their family. Jeffrey said that 10 years ago people died in hospitals, but because of hospital budget restraints this isn't possible anymore.

Other new job choices include personal support workers for the aging, positions in disease prevention clinics, geriatric day cares, independent practices in areas like foot care, nursing consultants for insurance companies and entrepreneur home-care businesses.

"From a community standpoint, there isn't much that can't be delivered in the home," said Jeffrey.

The audience was told that there will still be nursing jobs in hospitals, but the number of positions available in the future is up in the air.

The speech was given in response to a report released by the Canadian Association of Nurses which stated there will be a shortage of nurses as soon as 2011 because of an aging population, low enrolment in nursing programs and nurses graduating from college programs at an older age.

Jeffrey said he advertised the speech in newspapers hoping to attract new students to Conestoga's nursing program. The purpose of the speech was to impress upon the crowd that nurses are needed even if hospitals are closing and downsizing, he said.

Kim Tabbert, a 19-year-old from Kitchener, said she came to hear about future job opportunities. "All of the newspapers say there are no jobs," she said.

After hearing Jeffrey speak, Tabbert said job choices in the future sounded better than what the media had impressed on her and said she was planning on applying to the college's nursing program in February.

Theresa Bierhais and Karen Harnack from Kitchener have both worked in hospitals, but not as nurses. They said they are interested in taking a nursing program, but came to hear whether or not they would have a chance at getting a job. Bierhais said she was pleased with what she heard, but still plans to get a job in the United States if she completes a nursing program and said she will probably not attend Conestoga.

Virginia Voll, a former registered nurse at St. Mary's Hospital in Kitchener, also came to the speech to hear about future job opportunities.

"I did get some ideas," she said. "It (the speech) has given me confidence that nurses are getting independent jobs and has made me very optimistic."

Voll is planning to attend Conestoga's continuing education program.



Ch-ching

Blair Miller of Campus Discs in Toronto sits back while selling used CDs in the Sanctuary Dec. 4.

(Photo by L.A. Livingston)

Correction

The name of Kevin Mullan, from the finance/administration operations office, was misspelled in the article about the 1998 study schedule in the Dec. 8 issue of Spoke.



Check it out

Tim Good, left, and Colin O'Hearn, first year broadcasting students, browse through CDs at the booth from Campus Discs in the Sanctuary Dec. 4.

(Photo by L.A. Livingston)

Letter to the editor

Things have happened in the last few weeks that have left me wondering whom the Doon Student Association serves — students or insurance companies.

When I came to Conestoga in September, I was presented with a tuition statement. That statement included a health plan fee for \$87.37. That is \$ 6.49 for each month of my registration. The only way out of this fee was to present proof of similar coverage through another provider to the DSA, which arranges the plan. Otherwise, the fee has to be paid if you are a Doon campus student. Students attending Waterloo and Guelph campuses are not required to participate in the plan according to the Student Procedures Guide 1997-1998.

I am not covered under any parental drug plan, nor do I pay any of my own. I had no choice but to accept the insurance.

Then November came and brought with it a job offer in Europe for early next year. I've decided to take the job and if all goes well, I will soon be complaining about European winters instead of Canadian ones. This of course also means that I will no longer be attending Conestoga. So, in the last few

weeks, I have gone about getting refunds for the winter and spring terms.

I have had no problems obtaining refunds as far as tuition is concerned, however, the health coverage imposed by the DSA is another matter.

The DSA refuses to refund the \$55.58 I paid for January to August coverage. One of its representatives gave me several reasons for this. First, the coverage is imposed so that no Doon student can sue the college should something happen to him or her while on the campus. Second, DSA policy is to not grant refunds, because it may cause an onslaught of refund requests.

In my case this does not make sense. I will not be in the country, let alone on Doon campus come January. At the same time, I highly doubt there are so many people withdrawing from Conestoga because they are moving away from Canada, that issuing me a refund would create a surge in similar requests.

The DSA does not agree. Buying insurance is like buying a sweater according to the same representative mentioned above. You would not buy a sweater and try to return it six months later

after changing your mind.

The analogy is false. You choose to buy a sweater. You can get use out of a sweater even if you do not like it.

The representative also did kindly remind me that the plan has 60 days overseas coverage. Unfortunately, it only applies to vacationers.

I must mention that I also spoke with an agent of the insurance provider about the matter. She told me it was the DSA's decision not to make refunds. She also said that I wouldn't be given a refund in other cases like auto insurance. Again, this is incorrect. Last year, my auto insurance company returned the unused portion of my insurance when I moved to Nova Scotia for six months. Perhaps this is the exception, but it proves that refunds are possible.

As such, I am left paying for insurance I did not want in the first place, cannot use and cannot transfer to another person. In essence, I am unwillingly donating \$55.58 to the DSA and its insurance company of choice. The DSA is giving the insurance company quite a proverbial bang for my buck.

*Yallena Cica
Journalism, Year One*

Management makes first move in bargaining

Standard workload formula back on the table, Tibbits says

By Corey Jubenville

In recent talks between the Ontario college teacher's union and the management team representing Ontario colleges, management has made the first move.

Responding to an overwhelming no vote from college faculty on their last proposal, management co-chairman John Tibbits said the Standard Workload Formula, one of the most controversial issues being discussed, will remain the same with only minor changes.

"It seemed to be a huge issue with the teacher's union and with the faculty, so we've put the Standard Workload Formula back on the table," said Tibbits. "That should relieve the concerns of many teachers."

The two sides have met several times since the last contract vote in October. The bargaining teams are also trying to work out deals in other areas like differentiated staffing, but the removal of the SWF from the contract was perhaps the biggest move.

"It appears a lot of movement has come around on the SWF," said local union president Walter Boettger. "If there was any one contentious issue that would have caused a strike, it would have been the removal of the SWF."

Tibbits said he was not happy about putting the SWF back on the table, but in the interest of trying to bring negotiations to a resolution, management had decided to bring back the formula. Some changes are needed to the 10-year-old formula, said Boettger, but giving college chairs

full discretion with regards to the teachers' workload would have been too much.

Conestoga teacher Sam McElrea said negotiated changes are something else, but the formula, won during a 3 1/2 week strike in 1984, has to stay.

"I'll never vote to accept taking away the SWF," said the full-time business math teacher.

The fact that the formula is back on the table doesn't mean the contract issue is settled.

"The changes management made are a good step in the right direction," said the head of the union negotiating team. "It's a much better position than their last one, but it's still no good."

Ted Montgomery said there are a couple of significant changes pertaining to new demands and concessions.

There are four new components to the proposed SWF arrangement.

First, there is a new category for preparation time at the lowest existing level for courses taught through interactive educational technology.

Tibbits said changes at this level could be in the preparation and evaluation factors relating to interactive educational technology.

"We asked them for a definition (of interactive educational technology), and what we got instead was a half-hour presentation on interactive CD-ROMs and the Internet. What we didn't get was a definition," said Montgomery. "It could be anything."

The second change Montgomery cited was the removal of credit mechanical marking or marking assistants. Every hour the credit would be 0.005, or around 17

seconds per student. The current rating is 0.15.

The third SWF issue for Montgomery is increasing the workload for instructors. Currently, college instructors work 18 to 20 hours per week. Montgomery said management wants to increase that to 25 hours.

Tibbits said some programs in the college have a 40-week semester and yet teachers can only teach 38 weeks because of the current contract.

"We wanted to extend the semester a little bit. We didn't think it was outrageous," he said.

The last item, the removal of caps on overtime work, is one of the biggest issues, Montgomery said. "It's a giant loophole."

Tibbits said he was looking for a little flexibility with regards to overtime work.

"If they're teaching for eight weeks and then off for four or five, maybe of the eight weeks they're teaching they could teach for 24 hours per week," Tibbits said.

In the other big area — differentiated staffing — Tibbits reiterated his commitment to not laying off any professors due to reclassification, and said he was disappointed with confusion surrounding the issue, giving faculty a false impression of their security.

Boettger said differentiated staffing is here; it is just whether or not it's acceptable.

"The economic climate will decide whether differentiated staffing will work," said Boettger. "If the salaries in industry are higher than what the college is willing to pay, you're not going to attract them (high quality people)."

There has also been talk around reclassification of professors, said Boettger. Management is looking at changing the wording of the offer so it is a guarantee no professors will be reclassified.

Montgomery said he is not necessarily opposed to differentiated staffing, just opposed to the language.

Tibbits said that upon ratifica-

tion, faculty will receive the two per cent pay increase and the step they missed when the union failed to exit from the Social Contract.

There are still some proprietary things surrounding placement, such as support staff teaching in classrooms, but if the course continues the way it has been, the chance of a strike threat is probably over, said Boettger.



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Editorial

China: Good for business, bad for conscience

It goes without saying that Prime Minister Jean Chretien and U.S. President Bill Clinton understood very well the human rights problems in China before the recent Asia-Pacific Economic Co-operation Forum in Vancouver, B.C.

Clinton told China President Jiang Zemin that as far as human rights goes China was "on the wrong side of history." As well, Chretien said a gathering such as the APEC Summit would allow democratic leaders to raise the issue of human rights in private.

As democratic countries, we seem appalled by the human rights violations in China. Yet, the APEC Summit is a prime example of how we are still willing to do business with a country which is abusive to its own people.

It seems human rights, even in a country currently patting themselves on the back over landmines, still takes a back seat to business.

There were no new human rights for the people of China at the end of the APEC Summit. However, the 18-member APEC organization including Canada, the United States and China did make agreements on trade liberalization.

China is an economic power. With a global economy, a boycott on the major power would be unwise for any economy.

In fact, when the government's Foreign Affairs Minister Lloyd Axworthy said APEC would be virtually irrelevant if it did not address non-trade issues, our prime minister was quick to counter his own minister. Chretien emphasized APEC's economic significance, almost contradicting his earlier statements, say-

ing APEC is primarily a free-trade group. However, we as Canadians and North Americans should be uncomfortable with a trading partner such as China.

Since 1993, when Zemin assumed the presidency, China's hard political structure has changed little. To be realistic, the country's ideas on human rights hasn't changed significantly in decades.

Thousands of their people are currently imprisoned because of their political beliefs. These prisons incidentally still believe in torturing their prisoners. Christians cannot practice their religion openly without the same imprisonment.

As well, thousands of executions occur every year for non-violent crimes such as corruption.

Unfortunately for Zemin, while in North America the press was not afraid to ask questions no journalist dare ask inside his own borders.

Without shame, Zemin told Globe and Mail reporter Marcus Gee that the incidences of Tiananmen Square were necessary because the demonstrations were threatening the stability of Chinese society.

In order to influence change in China significant pressure must be laid on its leader to begin change.

Canada is a clear leader openly questioning China. However, questioning and even global embarrassment is not enough to change the longstanding politics of China.

Nothing will change in communist China until democratic countries use their economic influence against their political system.

Happy
Holidays
from the
Staff at
SPOKE!



Apathetic school spirit deserves benign neglect

A recent observation of student life at Conestoga College has revealed a startling discovery: students just don't care. They are apathetic towards the attempts by various organizations within the college to incite school spirit, and they just don't care to get involved in even the most non-intrusive events.

The discovery lit up like a beacon at the DSA's weekly nooner Dec. 2. The event was to be a Twister tournament in the Sanctuary. A potentially interesting photo for Spoke, I thought, picturing several people entwined and forced into some compromising positions.

I will be the first to admit I never did care too much for school spirit. I always equated it to being a Beautiful Person (you know, the ones in high school who played intramurals, were on student council and involved in a hundred other different things), and I never quite fit into that category. So I'm not one to play Twister at noon in the Sanctuary either, but I always considered myself to be in the minority. Apparently not.

Only one person volunteered for the "tournament," and the sight of the vice-president of student affairs pleading, wheedling and whining for people to participate was too much for this student, and I left.

The organizers of the event even tried bribery. They strategically placed a table full of shortbread cookies and punch at the front of the room, near the area where the so-called tournament was to take place. No takers. The tournament only succeeded in making the hosts look bad.

Open up a copy of the student newspaper



and read about how peer health seminars are failing because no one shows up. Fifth-semester nursing students are preparing seminars on topics students said they wanted to hear about, but apparently there was some miscommunication. Students don't want to hear about that stuff, after all.

Or read about how an organization on campus that advocates an alternative lifestyle attempted to hold a meeting to provide a friendly atmosphere for other like-minded people. And read about how no one showed up.

Parallels can be drawn here to the policy Spoke has taken towards campus reporting over the last couple of months — around the office we call it a policy of "benign neglect." Hot water isn't hard to get into around campus, especially for journalists-in-the-making. When doors closed in our faces time after time, we stopped calling. When we stopped calling, the ones who had closed the doors started calling us. There is another term for it — reverse psychology.

Perhaps the DSA, peer services and other organizations who are working so hard at trying to get students involved should just pull back and attempt that benign neglect thing. Stop trying so hard.

After all, students don't care, so why waste all that energy trying to generate interest in things that no one wants to be a part of?

In the end, those groups will have saved some face and a lot of energy by withdrawing their efforts, and concentrating them elsewhere.

Benign neglect. It actually has a nice ring to it.

Christmas not all joy

Once again, the trees lining the road are twinkling with lights and fat evergreen trees are popping up in livingrooms everywhere. Newspapers and television shows are filled with holiday cheer.

But why will you not find me smiling this holiday season?

Because I hate Christmas.

First of all, what's the deal with the whole Christmas shopping thing? Millions of people flock to shopping malls, clogging the hallways and filling the air with the smell of sweat from overdressed shoppers.

Standing over a bargain bin at the local WalMart, are two women fighting over who should buy that last Hello Dolly priced at an outrageous \$50.

And what about those Christmas calories? Walking past bakeries, one is drawn into all the colorful cookies and chocolatey desserts. Just the scent of the air adds on five pounds. And people actually wonder why their New Year's resolution is to lose weight.

My father helps in the holiday heartache. Not only is he a workaholic and sleeps all Christmas day, but he doesn't have time to



shop for my mother. Do you know how hard it is walking in a lingerie shop looking for something for your own mother? Not a pretty thought.

And who can forget that holiday cold? When everyone else is out singing songs of joyous holiday cheer, you are sitting under mountains of blankets sniffling.

When it comes time to think about Santa Claus, people think of the big, jolly elf dressed in red. To a child, his long white beard hides more than it shows. That is why most children cry when they sit on his lap instead of laugh and giggle the way they do in movies.

And don't forget those holiday gatherings. Standing around a bowl filled with a frothy cream are several extremely giddy people trying to get you into the Christmas spirit. Their rosy red cheeks, and red and green clothing make you want to scream, "Lay off the egg nog!"

However, Christmas wouldn't be Christmas if it were not for Grandma's tacky sweaters and the off-key carollers.

I just love this crazy season, don't you?

SPOKE

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Resolutions for the New Year

Students full of good intentions

Story and photos by
Hunter Malcolm

As another year winds down and the next approaches, people may have a tendency for self reflection, to gauge where they have been and to set goals or rules for the next 365 days.

Although the seasons are not changing, the conclusion of the calendar year somehow has come to signify a new beginning that should be marked by a turning of a new leaf, or commitment to personal betterment. Should I drink less? Should I drink more?

New Year's resolutions are also the opportunity for people to reaffirm the commitments they made the previous year but perhaps forgot about when the festive stupor wore off.

The notion that this time it's going to be different is a comforting way for people to face the upcoming 12 months. However, for many people, by this time next year, these personal promises will be a source of guilt, and the cycle will continue.

Conestoga students were asked what ideas they had for their New Year's resolutions.

"I'd like to start attending class more," said Adam Meyer, first-year management studies.

"It's getting down to the end of the year and it's time to get the answers to questions that I've missed," he said.

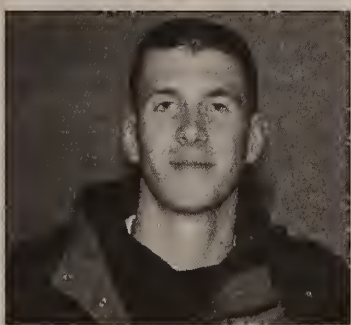
Stan Jurkovic, also first-year management studies, said that he will go on a better vacation next year.

"I'd like to go to Europe before I die, so better sooner than later," he said.

Natalie Jameson, third-year management studies, said she should get better organized with school in the new year.

"I'm going to put into action better time management skills, in terms of studying," she said.

Lilianne MacDougall, first-year social services, said that she would like to stop stressing out over



Adam Meyer
management studies

school and spend more time with her kids.

"School will fall into place on its own," she said.

Trevor Daynard, first-year general business, is more health conscious in his plans for his New Year's resolutions and will be quitting smoking.

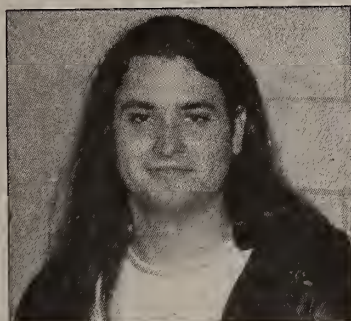
"I've had a cold for over three weeks and the doctor said my immune system was slower because of the cigarettes. So I might as well quit and get it over with," he said.

Tamara Welker, second-year law and security and administration, said she would like to do more volunteer work in the upcoming year.

"I'd like to put in more time with St. John Ambulance," she said.

Whether fulfilled or reneged, New Year's resolutions give people something to aim for.

The beauty of making them on Jan. 1 is if need be they can be quickly discarded as festive frivolity.



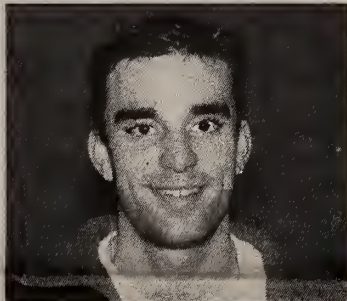
Stan Jurkovic
management studies



Lilianne MacDougall
social services



Natalie Jameson
management studies



Trevor Daynard
general business



Tamara Welker
law-security administration

Liquor laws may change, but attitudes won't

Beer and liquor stores are now allowed to open on Sundays in Ontario. A representative from Mothers Against Drunk Drivers (MADD) has been quoted on the radio as calling this move "madness and stupidity." OK, If this is the mode of thinking why don't we simply close all beer and liquor stores permanently. That will stop drunk driving won't it? I mean no one will drink if it's illegal right?

It was called prohibition. It didn't work. It's time to change the attitude toward alcohol. Not everybody goes to a bar to get completely rip-roaring drunk, start fights and break a lot of stuff.

Part of the reason Canadians are so screwed up when it comes to alcohol is because there have been some pretty stupid laws brought into Canada to control the consumption of alcohol. After the demise of prohibition, drinking was only allowed in specified drinking halls. No women were allowed. Actually, nothing was allowed except drinking. No dancing, no games, no music. Just sit there and drink your drink. By just sitting and drinking, you get drunk much more quickly. However, the owners had to make money, so the more time you spend sitting and drinking the better for them. Next step, drunkardsville. There was literally nothing to do in these places except get drunk. Nice going Mr. Government. What a good rule to ensure family stability. Johnny go down to McGuire's and bring your father home.

When the boys came home from the Second World War they were used to sidewalk cafes and the free atmosphere Europe has



Becky Little

toward alcohol and life. People were actually allowed, and still are, to walk on a public street with alcohol and be trusted to not cause any reason for concern. Imagine the freedom. With freedom comes responsibility, naturally.

Unfortunately, some always ruin it for the rest. The people in Europe went to pubs to have fun first and drink second. In Canada today we drink in order to try and have fun. Something is very wrong.

There is no legal drinking age in a lot of European countries. People learn about drinking and responsibility at an early age. In Canada, we hand our young people a car and, at the most, two years later we hand them the bottle. That's not counting the young drivers who have older friends who buy alcohol for them. Cars and alcohol are introduced at practically the same time.

Not too long ago, bars were allowed to stay open later. Good move. When bars had to be closed and empty at 1:30 a.m. people knew they were on a strict time limit. So what? Drink as much and as fast as you possibly can and you can still make yourself sick and give your friends a really good laugh.

There is a contest out there today that has been in place many years. The "when do you turn 19? Go see if you can get served anyway." Walking hand in hand is the "Let's get hammered!" mentality.

History has proven that prohibition doesn't work. So instead of trying to pretend something doesn't exist and trying to hide it behind stupid and complicated rules - more rules should go - and individual responsibility will start kicking in.

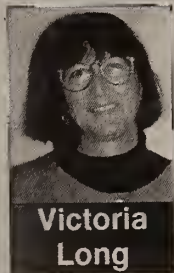
Are you dreaming of a green Christmas?

What will Santa bring Canada 50 or 100 years from now if our generation doesn't reduce emissions of greenhouse gases, those carbon- and nitrogen-compound trace gases that trap heat in the lower atmosphere?

Will it be a Caribbean climate — sunshine and shorts on those brief winter days when Canadians are out playing tennis and sailing on lakes that don't freeze anymore?

Or, will it be hunger because the summer was too hot and dry for crops?

Or, will it be despair because the global warming process is accelerating? Will the more severe lightning storms have started forest fires that spread through tinder-dry northern boreal forest which many call 'the lungs of the planet'



Victoria Long

because of its crucial role of taking in carbon dioxide and putting out oxygen?

Will that giant forest which circles the north of this globe on its vast continents have been reduced to a mere fraction of its former size, putting air-breathing life in jeopardy?

The Christmas season has traditionally been a time of giving, so this year, let us think soberly about what is the greatest gift we can give our children, and our children's children to come.

There is little doubt that the commitments Canada's representatives make in Kyoto will mean we have to change our destructive ways. Canada, only in part because of high energy use due to our large size and cold climate, is one of the biggest per capita emitters of greenhouse gases according to the first national Environment Canada study released Nov. 24.

We have failed to honor the commitment we made to our global

neighbors in 1992 that we would reduce our emissions to 1990-levels by 2000.

In fact, Canada is the only one of the world's seven leading economies that hasn't even set targets and timetables to limit emissions, Southam news reported on Nov. 1.

So, let us hope our negotiators get us a "bad deal" in Kyoto. The worse our situation now, the more we have to pay for burning fossil fuels, thus releasing carbon nature locked away eons ago, the better our future will be.

Developing countries look to industrialized countries like the United States and Canada for leadership.

Their representatives ask why they should burn less coal since their average citizen lives in poverty compared with ours.

If we don't trim our fat, why should they stop striving to attain a better standard of living, which will sometimes only raise them to

the level of basic subsistence?

When we use the traditional saying, "Peace on Earth, good will to people" in the Christmas season, do we remember to think about what it means? Is peace on Earth just the absence of a world war this year? Is good will just a warm, fuzzy feeling?

No, peace and good will both require effort from those who are able to make that effort in this less-than-perfect world.

Peace in our individual lives, in our families and communities, between factions which threaten civil wars, among countries and blocs of countries, requires us to come as close as we are able to eternal vigilance.

Peacemaking is a process which never ends. It is founded on good will — not just to human beings who happen to be alive now, but to all life, now and in times to come.

If we joyfully shoulder our share of the burden to slow the climate change that scientists say green-

house warming spawns, we raise peacefulness on this tiny blue planet where every day species are being lost forever due to human actions.

Maybe next year Santa won't put so many material goods in our stockings since more of our incomes will have gone for gasoline to transport us, and oil, natural gas or electricity produced by burning coal, to heat our homes.

Maybe we'll have moved closer to where we need to be during the day. Maybe we'll have carpoled, biked or walked more. Maybe we'll have turned the heat down and worn an extra sweater during the day and put on a heavier comforter at night, but we'll have gotten that peaceful feeling.

In our heart of hearts we'll know our extra effort was a precious gift to those we love — a more secure future.

At this turning point in human history, there is no greater gift we can give.

Conestoga students seek help for stress

By Casey Johnson

Conestoga College students who wish to seek stress counselling should not feel alone or think that they are the only ones feeling the pressure.

Students are seeking counselling, which includes the stress of financial pressures, on a daily basis, said student counsellor Roger Mainland.

"Financial stress is very pervasive within the student population," he said.

Most students who seek counselling, for any number of reasons, usually end up revealing a financial concern in the process, he said.

"It is a very frequent occurrence and a very common reason for students to seek advice from student service counsellors," he said.

Mainland adds, services such as the food bank, etc., would not have started if there was not a financial problem among students.

When it comes to OSAP, there is money available to meet students needs, he said, but it is still borrowed money. Subconsciously, it is still a problem.

The worst kind of financial stresses are the unexpected ones, said Mainland.

Financial stresses come in all different shapes and sizes, and one stress factor that should really be considered is budgeting, said Karen Rittinger, who is also a student services counsellor at Doon.

"Financial stress is usually an underlying secondary factor on top of a predominant one," she said.

However, Rittinger added, it is important for a student to identify all of his or her stress-causing problems, she said.

There is an obvious financial situation even in the region, said Rittinger. All the free services around town are not readily available anymore, such as free counselling, food bank deposits, etc., she said.

"An important thing to remember," said Rittinger, "is that although you know that you are making a sacrifice when you decide to attend post-secondary school, keep it in mind that it is a relatively short-term thing and you will get through it. Always keep your goal in mind."

The now deceased Canadian stress expert, Dr. Hans Selye, once quoted, "Absolute freedom from stress is death. Contrary to popular opinion, we must not — and indeed cannot — avoid stress."

He adds, "More than anything, man needs approval and self-esteem; he fears censure and contempt, with the resulting sense of frustration which is the worst kind of stress."

DSA helps out kids this Christmas

Number of names for Conestoga wish tree gifts has increased

By Barbara Ateljevic

The Doon Student Association's (DSA) Children's Wish Tree has seen an increase in parents signing up their kids for a gift this year.

Becky Boertien, director of student life, said there were 16 more names on the tree this year than last. This year, 55 children were registered for a gift.

Gifts were donated from individual students, classes, faculty and staff. The alumni association donated money for gifts this year as well. Gifts that were left over were given to Family and Children's Services.

"People are pretty generous usually when you give them the \$15 to \$20 (price) range. They usually purchase a gift of about \$20," Boertien said.

"Originally, we started the tree out to give (gifts) to Family and Children's Services or the Salvation Army," said Boertien.

"Then we noticed the population of the campus had more mature students with families. A lot of them had financial problems so we thought we should give them to students on campus that were in need of it."

Anyone who bought a gift was able to choose the name and age of the child they wished to buy for.

The identity of children and names of donors were kept anonymous because Boertien said some students were uncomfortable or embarrassed about it.

Boertien said there is no age limit for children who are signed up,



Dudley the Dinosaur leads a train of gifts from the DSA Wish Tree to the children of families at Conestoga Dec. 8.

(Photo by Ross Bragg)

but 12 is usually the oldest.

Unfortunately, said Boertien, these are usually the last ages to get picked off the tree.

This year, the DSA went out and bought gifts from the money received from the alumni association for children aged 11 and 12 who were not picked.

"We ensured that every name

that was on the tree got a gift," she said.

Gifts ranged from crafts and clothes to Lego, dolls, teddy bears and Batman toys.

Most of the gifts were given to the DSA by Dec. 5. Parents could then pick up their child's gift, which is kept unwrapped so that parents can see

what was being given to their child.

Boertien said parents are often happy and surprised with the gift their child received.

"I think everyone who receives their gift is very appreciative of what they get when they come in," said Boertien. "It's great that students come out and support it."

Students lack sleep, says nursing student

By Becky Little

"How many hours of sleep did you get last night?" Nicole Rypma, semester five nursing student, asked the audience at a peer health seminar Dec. 3.

Everyone in the audience of three got less than seven hours sleep the night before. Rypma told the audience that people need nine or 10 hours of sleep every night for an optimal level of performance.

She said people often believe the unfounded theory of sleeping less to accomplish more. People who get more sleep are often more creative and energetic than those who don't get enough sleep.

Zareena Bahab said she blames Thomas Edison for much of the sleep deprivation that occurs today. Because of the invention of the electric light bulb, people can do more at night instead of sleeping. She said people used to sleep an average of 14 hours every night.

She said lack of sleep causes accidents and listed the Exxon Valdez, Challenger, Five Mile Island and Chernobyl catastrophes among lack-of-sleep fatalities.

Bahab said according to the Better Sleep Council, more men end up falling asleep at work than women.

She said shift work makes for bad sleeping conditions because a person's internal clock needs to be constantly reset and that is hard on the body. People often cheat on



Nicole Rypma (left) and Zareena Bahab, semester-five nursing students, talk about sleep deprivation Dec. 3. (Photo by Becky Little)

sleep to fit into societal norms, she said.

Rypma said people who are over-tired may become bouncy, irritable, confused, suspicious, and forgetful, pain will hurt more,

people will be more susceptible to colds and flus, withdraw from everything, slur their words and have decreased reasoning, blurred vision and mood swings.

She said bags under the eyes

don't appear until after a few days of lack of sleep.

Rypma suggested making a routine out of going to bed. She said to start with a warm bath to relax. She also suggested a cup of warm milk before sleeping because it stimulates the brain into releasing hormones that make you fall asleep.

Bahab reminded everyone that sleeping is just as important as eating.

If 10 hours of sleep isn't possible, try having little power naps for 20 to 30 minutes, she said.

Bahab said to avoid sleeping longer than that because it leads to grogginess instead of being a picker-upper.

Learning relaxation techniques that can be done before a test or between classes helps to refresh and renew the mind just as good as a nap, she said.

Bahab said that all-nighters are not a good idea but if they are inevitable then try sleeping in 90 minute blocks because the brain will process information better.

Rypma suggested keeping a sleep diary to keep track of how many hours of sleep you get each night.

She also suggested writing about activities performed before bed and any worries thought about before falling asleep. She said this will help ease stress because "a lot of things don't seem so bad once they are down on paper."

hey!

it's entertainment

december 15, 1997

photos by Alison Shadbolt



Robin Munro



Sean Brae



Mark Hathaway



Louie Escobar



Ron Hill

The Robin Munro Group serenades the crowd
at the Jazzy Christmas Nooner in the Sanctuary Dec. 4.



SIDE-SPLITTING LAUGHTER

by Natalie Schneider

An enthusiastic crowd gathered in the Sanctuary Dec. 3 for a night of comedic relief. The licensed Doon Student Association Comedy Dinner Show provided an ample supply of spaghetti to fill patrons' hunger gaps while they awaited the arrival of four of Yuk Yuk's hottest comedians.

Shortly after 7:30 p.m., the master of ceremonies for the night, James Cunningham, took to the stage. His act was filled with a fresh outlook on life involving anything from his not-so-cool Ladda - a Russian car - and how men need to freely walk naked in their homes. His refreshing outlook was nice since so many comedians fall into using profanity and shock value to get laughs. There is nothing wrong with that, but it lacks originality.

Cunningham's immediate interaction with the crowd definitely worked to his advantage. The crowd took to him right off the bat and his energy combined with theirs helped heighten the appeal of his act. Cunningham could make any stuffed shirt laugh until their sides ached. His energetic stage presence and obvious talent made for a good time.

The second comic, Terry McGurrino from Toronto, took to the stage armed with a

guitar. He began his 30-minute act with a song about his ex-girlfriend, a hilarious song about getting revenge on her for dumping him. Demented at times but funny, this guy definitely has a warped imagination. He told the audience that if he had three wishes granted to him, he would wish to have the power to make people have an orgasm by just pointing at them. He went on to explain how this would end war and violence. In the end, McCurrino said he'd end up in a dumpster wearing Depends and pointing at himself all day.

Later on in the night, David Frost from Brantford, Ont., had his turn on stage. Frost was an off-the-wall comic. He seemed as if he was strung out on coffee. Frost's originality and his odd innocence made his comedy act out of the ordinary, but funny at the same time.

The night ended with a bang when comedian Sean Collins sat himself down on the stage equipped with a brimming, frothy beer in hand.

His cocky attitude and aggressive humor got good reactions from a majority of the crowd. Besides Collins' cracks about the security program staging a Baywatch episode, his act lacked creativity. Jokes about male genitals, sex and drugs are funny, but if you've heard one, you've heard them all. ■

Game show time

Student families play bizarre feud .



Scott Lee (left), a second-year LASA student, and Roger Wardell (right), a third-year broadcasting student, play Christmas family feud in the Sanctuary Dec. 3. Host Steve Harris looks on.

⌘photo and story by Rita Fatila⌘

A lot of weird answers came out of 100 students surveyed for the Christmas family feud Dec. 3.

The event, held in front of an audience in the Sanctuary, featured families made up of students from the same program guessing how 100 Conestoga students answered Christmas questions.

The first two teams, law and security administration and broadcasting, answered the first question ("name one of Santa's reindeer") easily enough.

The twisted psyche of Conestoga's student body didn't show up until the third question, "Name a Christmas carol". The two teams named as many carols as they could think of, but there were still several songs on the survey no one could guess. One of the "carols" was revealed to be Grandma Got Run Over by a Reindeer.

"These are student answers, so they might not always be the right answers," said Steve Harris, entertainment coordinator and host of the feud.

Harris was at a loss for words, however, after the answer to "Something

you hang on your
Christmas tree" that
nobody could guess
turned out to be "balls."

"Students, well, well, I'm not too sure..." said Harris.

Kris Ferguson of the broadcasting team had a possible explanation.

"Were these Fanshawe students interviewed?" he asked.

The LASA team, meanwhile, who had introduced themselves as Billy Bob, Bobby Rick, Ricky Bob, Bobby Sue and Rick, berated the crowd when they guessed wrong, and at one point two LASA players even punched each other.

The first game ended with the victory of the broadcasting team. After the judges explained to the LASA team how the scoring worked, LASA accepted defeat graciously and vowed to take on any other team.

The second game, however, was played by the early childhood education team and a team from the business wing, who dubbed themselves The Fuzzy Willows. The two teams named Christmas movies, "Something associated with Christmas", and Christmas activities. The strangest thing in the whole game might have

been the survey listing five Canadian stores for the question "Where do you do your Christmas shopping?"

The game was won by the ECE team.

By the third game, no families from specific programs came forward. Instead, two groups of students, calling themselves The Foosball Junkies and The Woodchucks, stepped up to play.

This game featured an answer that got a laugh out of the audience. The fifth survey response to "Something you hang up at Christmas" was "family."

"I don't know who did this survey or who answered it," said Harris, "but someone hangs up their family at Christmas."

Another question no one answered correctly was to name "Something you find at the North Pole." The mysterious answer was "a pole."

After naming "Someone at Bethlehem," "Something used to create Frosty" and "Something that keeps you warm on a cold winter's night", the Foosball Junkies defeated the Woodchucks and claimed their prizes.

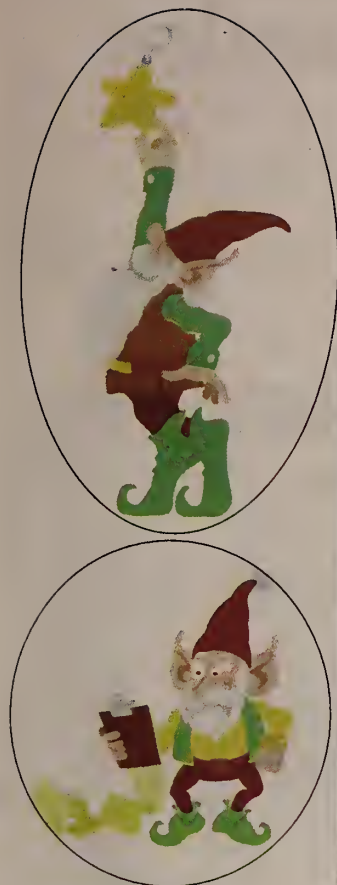
All players won prizes and candy canes for participating. ■

Dec. 15 — 1997

*SEASONS GREETINGS
from
STUDENT SERVICES*



Hey!



From left: Sabrina Pierson, Santa Claus and Jenn Hussey

Santa Claus visits Conestoga

story and photo by Rita Fatila

Conestoga students were visited by Santa Claus in the Sanctuary Dec. 5.

The idea originally was for Santa to stay in the lounge, but he didn't get much of a reaction there.

Santa, who was letting students have their picture taken with him for free, entered the Sanctuary with loud "ho ho ho's", accompanied by Jenn Hussey, Doon Student Association promotions assistant, dressed as an elf.

Sabrina Pierson, also a DSA promotions assistant, came to the Sanctuary in her own elf suit later.

A few brave boys, probably attracted by Santa's elves, and some co-ed groups of about 10 students, had their picture taken with Santa.

But it was mostly girls who wanted to sit on Santa's lap.

"Lots of girls want toys but boys don't know what they want. Girls know what they want," explained Santa.

However, not all girls were anxious to sit on Santa's knee.

One female student was heard describing Santa as scary looking, after her friend tried to cajole her into getting their picture taken with Father Christmas.

"That's Rogaine," Santa said about his odd-looking beard and hair. "I grew this, man."

What did students in the Sanctuary want from Santa? "They want Santa to finish his assignments for Monday," said Santa, "and one little boy asked me to put in a good word for him to my elf here."

However, after about 10 minutes of waiting for more

Christmas wishes, a bored Santa left the stage and began to pester the audience.

After failing to coax any pictures out of the students sitting on the couches, Santa and his elf entourage decided to tour the cafeteria.

Unfortunately, most of the questions students asked Santa in the cafeteria were along the lines of, "Have you showered today, Santa?"

Meanwhile, the elves were having issues with their outfits. "This is so short," said Pierson. "My dad would kill me if he saw this."

The plump Santa also took some time to visit the ladies working in the cafeteria. Santa gave credit for his figure to Conestoga's cafeteria.

"That's caf food right here," Santa said, rubbing his tummy. "Chicken salad and Taco Bell."

After taking pictures with all the women working to keep Santa in good health, the North Pole group went back to the students.

Oddly, Gerry Cleaves, DSA vice-president of student affairs, was nowhere to be found during Santa's visit.

Victoria Park lights up for Christmas

photo and story by Natalie Schneider

It's that time of year again. On Nov. 29, the Christmas Fantasy in Victoria Park celebrated its annual light spectacle. The celebrations began with a candlelit parade starting at City Hall Square and proceeding down Gaukel Street, in Kitchener, towards the park. This is the third annual light display in Victoria Park, which will continue until Dec. 31 from 5:30 p.m. to 9:30 p.m.

The display truly adds a Christmas feel to the downtown area. Throughout the park, trees, bridges and houses have been decorated with a cluster of colorful lights. Other events taking place throughout the four weeks include a visit from Santa Claus, carolers and story tellers.

Preparations for the Christmas Fantasy are ongoing throughout the year, and all the lights are put together and tested as early as June, said Brain Loney, vice-chairman for the event.

"We start putting the lights up the second weekend in November. We have loads of help from Kitchener-Wilmont Hydro, Rogers Cable and Kitchener Parks and Recreation,"

This year's light show has approximately 46,000 lights, which is 5,000 more than last year, and it's expected that about 25,000 people will be going through the park, said Loney.

Service clubs such as Twin Cities Kiwanis and La Sertoma have provided money for the event since

the beginning. As well, throughout the park, people can support the event by way of donating loonies for lights.

"The original need was for \$200,000 and the 11 service clubs came through with that money. We also get Kitchener industries involved. They contribute donations to sponsor a tree and that money all goes to buy new lights as

involved have been very helpful. Although everyone is a volunteer, everything costs money."

This year's Christmas Fantasy in Victoria Park has an added feature of lit-up angels on each of the entrances plus an angel perched on top of the boathouse.

Loney said they plan to wire the area over by the pavilion in the spring, finishing the whole park next year.

In the past, vandalism has been a problem with light bulbs being stolen, but Loney said that vandalism has gone down since the first year.

"We've done a couple of things. We now have 24-hour security provided by the Conestoga College law program students and the Waterloo Regional Police. They patrol the park from 7 a.m. until midnight and then we have Wakenhut services patrolling the area overnight. So vandalism has gone way down."

Loney has been involved in the Victoria Park light display since the beginning. As well, he works in public relations for The St. Mary's General Hospital Festival of Trees, which helps raise money for the hospital, and the Chym Tree of Hope which raises money for less-fortunate children in the Kitchener-Waterloo area.

"I was born in Kitchener and I feel I owe a lot to the community. We thought that being the central part in the downtown area, and being so close to City Hall, that the light show would be a project all the citizens could enjoy."



A pavilion lit up in Victoria Park.

well," said Loney.

"Everybody is very generous donating the loonies and obviously the businesses that have been

Hey!



Spoke

Hey!



Brian Bithell (left), Riccardo Colaianni (back) and BJ Barry, second-year law and security administration students, watch guard over Christmas gifts they are collecting for children living at Sunbeam, a local residence for people with special needs.

(Photo by Ross Bragg)

LASA students give Santa a helping hand

By Ross Bragg

Santa Claus has a few elves operating within Conestoga's law and security administration (LASA) program, insiders say. Witnesses have reportedly seen second-year LASA students BJ Barry, Brian Bithell, Riccardo Colaianni, Darrell Todóroff and Maria Efstathiou collecting toys and other gifts for special needs children living at Sunbeam Residential Development Centre in Kitchener. Experts with the Santa Bureau of Investigations (SBI) are investigating. Wait . . . maybe it's just the LASA students getting started on a Christmas toy drive.

"I just like helping out wherever I can," said Colaianni. "I like giving and volunteering. I just want to put a smile on people's faces."

Colaianni said he and other friends in the program were thinking of exchanging gifts among their group of friends this Christmas but then decided they wanted to give out gifts to a hospital or a home instead.

"We just thought the idea up in the library one day," said Colaianni. "We were going to have a secret Santa but decided to put it to better use."

Colaianni said it was Barry's idea to go with Sunbeam because Barry volunteered at the residence six years ago. "We had a meeting and a tour with the people there," Barry said. She said Sunbeam is a residential centre for people, aged six to 34, who are mentally and physically challenged. It is run mostly by volunteers.

Colaianni said he and the other students will be presenting the gifts to the children on Dec. 22. He said if they have enough volunteers they will try to put on a skit for the children as well.

"We will spend time with them playing games or reading — whatever they want to do — just try to give them a Christmas."

Bithell said they have been getting many gifts from students and faculty, such as toys, crafts, money and even classical music audio tapes.

"They said the kids like anything classical or Christmassy," said Bithell. He said he and other students had spoken with people at Sunbeam to find out what type of things the children would most enjoy.

Bithell and Colaianni said they have mostly been trying to get other LASA students involved, but as they get closer to the end of the drive, they will start trying to reach people in other programs.

Barry said it is important for her to help give to the kids because she knows many of the children will not be able to go home for Christmas. "A lot of the time their families forget them or they (the children) can't come home because they need medical attention 24 hours a day."

Bithell said he simply wanted to give the children a Christmas. "Just because they were put in a hospital it doesn't mean they can't have fun this season."

Barry, Bithell and Colaianni said they hope other students in other years will continue to organize a toy drive for the children at

Sunbeam. "Hopefully, people will carry the torch," said Colaianni. "We don't want to pressure them, though. We want it to come from the heart."

Gifts for the children at Sunbeam are being received in the LASA Resource Centre (Room 4B07-A) until noon Dec. 19.



The home of Raymond and Ursula Yundt in Waterloo.

(Photo by Rachel Pearce)

Christmas spirit alive and well in Waterloo

By Rachel Pearce

When they moved into their Waterloo home 16 years ago, Ursula and Raymond Yundt could decorate the man-high fir tree in their front yard by themselves.

As the years went by, the two piano teachers eventually had to start using a ladder, then they had to climb onto the ladder and use a pole with a nail attached to hang the white lights.

"Before, we could do it ourselves," said Ursula, "until about six years ago when Raymond fell from the ladder and hurt his back, and we had to hire someone else to decorate the tree."

Yundt said for the past six years they have hired the man who puts up the lights at Waterloo Park to decorate their tree.

The tree on their front yard now stands at around 45 feet, and is covered with over 800 lights and more than 200 red bows.

"Every year we've been adding strings of lights," said Yundt, who could not even estimate how much it cost them to put up such a display over the holidays. But it doesn't seem to matter much to them.

"We do it because my husband loves it," said Ursula. "It is his Christmas present to himself and he shares it with everyone else."

"Every year, we get a couple of cards from our neighbors, and sometimes strangers drop Christmas cards in our mailbox, to let us know how much they like the tree. The Christmas season hasn't officially started for us until the lights are up and turned on," she said.

Children's Wish Tree



A Special Thank You to
the students, staff, faculty and
the Alumni Association for
the generous donations of gifts to
the Children's Wish Tree

Loan options plentiful

By Jamie Yates

Attending post-secondary school can be a costly endeavor, not only on your mental and emotional well-being, but especially on your pocket book.

One of the first things a student must consider before attending post-secondary school, other than what school to choose, is the financial means that will get them there.

For those students interested in a loan or looking to change their loan, there are a number of financial options offered through the provincial government and financial institutions across Ontario.

One form of financial assistance that many students opt for is the Ontario Student Assistance Program (OSAP).

An OSAP pamphlet said OSAP is a provincially funded program that is designed to assist post-secondary students with their education costs.

To apply for OSAP, the brochure said a student must meet certain requirements: he or she must be a Canadian citizen or a permanent resident in Canada; must be enrolled or planning to enrol in an approved post-secondary program and must maintain a certain academic progress throughout the academic year. Students who are not eligible for OSAP are those receiving financial assistance from any program that provides funding for education or living costs.

Students can get OSAP application forms at the financial aid office at the institution they plan to attend. Completed applications are submitted to the same office or sent to the student support branch.

The pamphlet also said application acceptance can take four to six weeks to process, or if the application requires special considerations, eight to 12 weeks.

For more information about OSAP call the financial aid office at your school, or the Student Support Branch in

Thunder Bay at (807) 343-7260. Students with hearing disabilities can call 1-800-465-3958. Information about OSAP can also be found through two new sources: 1-900-565-OSAP or <http://osap.gov.ca>.

Students can also acquire loans through other financial institutions. Many banks offer loans and reduced interest rates to students planning to attend a post-secondary school.

The Bank of Nova Scotia offers several types of loans, said a Kitchener Scotia Bank representative.

He said Scotia's regular student loan offers a maximum \$6,000 per year which is distributed in payments of \$3,000 per semester. Students are responsible to pay interest on the loan throughout the year, but full payment of the loan is not due until the student completes his or her education, he said.

Interest payments are 8 per cent with a parental co-sign or 10 per cent without a co-sign, he added.

The branch representative said the Bank of Nova Scotia also offers a Scotia Professional Student Loan Plan to students in graduate studies. He said students receive \$10,000 per year to a maximum of \$55,000 and pay a prime-rate-plus of .5 per cent. The prime rate is the bank's lending rate which can increase or decrease depending on the economy, he said.

To acquire the professional student loan, students must go to a branch near the college or university they plan to attend.

To get a regular Scotia loan, he said, go to one of their branches to fill out an application. The loan will take six to eight weeks to process, he said, and there are no special requirements for a loan, except in the event of bankruptcy.

For more information contact your local Bank of Nova Scotia.

The Royal Bank also offers a student loan called a student line

of credit.

Bill McNeil, assistant manager of the Royal Bank in Ingersoll said the loan ranges from \$5,000 per year, to \$10,000 for a graduate program to a maximum of \$30,000. He said the amount depends on the student's post-secondary program and loans can be acquired with or without a co-signing parent.

McNeil said students must pay a monthly prime-rate-plus of one per cent regardless of a co-signer. Repayment of the loan is not due until after graduation and payment totals the amount of money the student used, he said.

Loans can be acquired by filling out an application at the Royal Bank or can be applied for over the phone at 1-800-769-2599. Approval can be as early as the day you apply.

The Toronto Dominion Bank also offers a student line of credit.

A Toronto Dominion Bank representative said the maximum amount a full-time student can receive is \$5,500 per year. She said students must pay a monthly interest prime-rate-plus of one per cent and full payment of the loan is not due until graduation.

To acquire a loan through Toronto Dominion, she said students must have proof of enrolment, must be a Canadian citizen and must qualify for the loan. A parental co-sign is often required, she added.

She said Toronto Dominion also offers optional life insurance with their student loan. Coverage depends on the age of the student and the amount of the loan, she said.

For more information, contact the a Toronto Dominion Bank branch in your area.

Most other banks also offer student loans. The Canadian Imperial Bank of Commerce has a toll-free student loan phone line at 1-800-563-2422.

Canada Trust does not offer student loans.

Financial stress is everywhere, says doctor

By Casey Johnson

In the essence of today's fast-paced society, one constant remains — financial stress is everywhere and the effect on students is no exception, said Dr. David Rainham of Kitchener.

A recent government figure shows the average debt of a post-secondary graduate rose to \$21,000 in 1996 from \$13,000 in 1991, according to a Nov. 21 Globe and Mail column.

"If you're feeling 'stressed out', you're not alone," said Rainham.

Almost all students say they suffer from stress, and many go to see doctors for symptoms that may include tiredness, headaches, chest pains and the effects of anxiety, he said.

Another point Rainham makes is that life is always changing and stress doesn't end when you graduate. He said you'll keep learning, because as long as you live, you will have to deal with stress in one form or another.

Some of the coping skills Rainham suggests is to worry accurately, brainstorm solutions, budget, know your money style (watching for irrational spending habits), borrow as little as possible, try to always save, even a little, practise good time management and above all, keep your sense of humor.

Rainham suggests you ask yourself some good questions, such as, "Will you fall apart?, Will you just struggle along or will you grow stronger because of stress and enjoy the challenges of life?"

Life can be tough, he said. A person can't control many of the things that create stress for them,

but he or she doesn't have to be a helpless victim.

Rainham suggests people should picture stress as a contest or battle. Worries or problems that seem like a threat or are upsetting, are really an opposition. Stress is great if a person is overcoming an enjoyable challenge, but it hurts when it looks like the problems are becoming stronger than you are.

"Be your own team manager," said Rainham. "You're in charge."

He suggests that a person knows his or her signs of tension and stress, learns to worry effectively, identifies their own stressors, decides which can be changed and which cannot, changes the ones that can be changed and makes themselves as strong as their problems.

"Stress is what you feel when life's demands seem more than you can handle comfortably for more than a brief period of time," said Rainham.

Although the process is not as simple as it seems, the key to successfully handling stress is being able to identify the problem or problems and then being able to cope or come to terms with it, said Rainham.

There are many resources available to students, he said.

If the problems seem too great or even if they don't, don't forget to use the resources available.

Finally Rainham suggests using the available support systems. Relationships and love, counselling and therapy, a personal coach and your faith in something higher may be a great asset.

Debt is a common reality for today's students

Help is available for students in Kitchener

By Amy Sonnenberg

There is help available in Kitchener for students having money problems.

Stephen Rattray, owner of Credit and Debt Services at 226 Frederick St., said his company is often sought by students in need of financial assistance.

"It usually happens when the student finds he or she can't continue making payments and the collectors start calling and threatening legal action," Rattray said.

Credit and Debt Services offer several programs for people in debt, but Rattray said students commonly require one in particular.

"We offer a proposal process and it has helped a lot of students with their student loans," he said. "With this, they can consolidate all their debts into one and make one

monthly payment based on their income and expenses."

There are various stages of proposals to help people with debt. Determining which stage is right for whom depends on how serious the problem is, such as the size of debt and whether or not the person is in need of actual protection, Rattray said.

"One of the proposals offers legal protection from the person's creditors so they can't seize their wages or sue them," he said. "Interest can be stopped, too."

Students have to apply for this process, but Rattray said most students are accepted.

"All they really need to qualify is some surplus income," he said. "Meaning there is something left over after their day-to-day expenses."

Rattray added that determining surplus income is important.

"If they have no surplus income, there's really no opportunity to do a proposal," he said. "They have to be able to maintain their day-to-day expenses."

Without surplus income, more drastic measures may need to be taken, said Rattray.

"If there's legal action pending, or there just isn't any other way, bankruptcy may be something they have to look into at that point in time," he said.

There is also help for people with less serious money problems, such as budgeting assistance. Credit and

Debt Services can set up budgets for people or help them correspond with their creditors. Rattray recommended this option to those with only one or two creditors who probably would not need a formal proposal.

"You have to make sure all your options have been covered before deciding what to do."

*Stephen Rattray,
owner of Credit and Debt
Services of Kitchener*

"We can intervene on their behalf to say, 'Here's what they can afford to pay each month, here's what they can't afford, let's set up a payment plan.'"

To figure out what approach is right for whom, Rattray suggested contacting a credit counsellor.

"You have to make sure all your options have been covered before deciding what to do," he said.

To prevent these problems from repeating themselves, Rattray said for people to, "look at their final debt load before getting into more debt." He said he noticed a lot of the students who came in for help had just kept going to school and kept borrowing, not realizing how much debt they were in until it was too late.

"Unless these people find a heck of a job, they're going to have a lot of trouble paying that back." He suggested if students don't have a job or don't have parents who are willing to help pay back the loans, students could take time off during school, get some work experience and put that money towards paying off the loans.

Local farmer wants activists to lay off

By Rachel Pearce

Christmas is coming, the geese are getting fat, and so are the turkeys and the chickens. We Christmas feasters will be getting fat as well from eating them. At least some of us will be.

According to a recently updated Statistics Canada Agriculture and Agri-Food Canada report, Canada's poultry industry produced approximately 892.2 million kg of chicken and turkey meat last year, with chicken being the most produced at about 686,000 tonnes.

The average Canadian consumed 30.8 kg of poultry last year, but the report said poultry consumption has fallen dramatically since 1960.

Many animal rights activists are guilty of ignorance, and have not even been to a farm.

Bruce Weber,
chicken producer

Local chicken producer Bruce Weber, from the Elmira area, said some of the loss of interest in poultry products may come from the efforts of animal rights activists.

"About two years ago," said Weber, owner of Pullets Plus Ltd., "there was an article around Christmas time that said we shouldn't be eating turkeys because turkeys are raised inhumanely in cages. It said turkeys are raised in 12-inch cages, about the size of an album cover."

The article was printed in the Kitchener-Waterloo Record. Weber said he has no idea where they got their information from, but he thinks it was from an animal rights lobby group, and it was misinformation.

"They're (turkeys) not raised in cages. A turkey in a 12-inch by 12-inch cage...a turkey couldn't even fit in that."

"There's a lot of misinformation out there. People don't understand," said Weber, who contends that many animal rights activists are guilty of ignorance and have not even been to a farm.

"We (farmers) know how the birds operate. They don't."

By way of illustration, Weber recalled an incident that occurred about 10 years ago when a couple of female activists from Toronto came to see his farm. He said one of the women, who were both activists, had never held a chicken before.

She picked one up and was shocked to see the hen had a "growth" on the side of its head. "It was the bird's ear," he snorted.

But Tina Harrison, co-ordinator of the Canadians for the Ethical Treatment of Food Animals, said any ignorance on the part of activists is the fault of the farmers.

"Farming is a very closed operation in Canada, and they (farmers) are very defensive," she said.

Harrison said farmers are very reluctant to allow visitors on their property, and Weber's accusation did not surprise her.

"Very often, animal rights factions come under a lot of falsehood fire."

As well as accusing conventional farmers of mistreating their livestock, animal rights groups like California-based Humane Farming Association contend that caged animals are not as healthy as free-range animals.

They say huge amounts of pesticides and antibiotics are used on caged animals and these chemicals can make humans sick if they eat poultry products.

However, commercial poultry farmers, according to Leslie Ballentine, executive director of the Ontario Council of Farm Animals, are not allowed to use pesticides.

"It's not allowed, nor is it necessary," she said. Birds in cages are kept away from harmful disease, she said, it is free-run chickens that are prone to infection like salmonella.

"If they don't get sick, you don't have to medicate them," she said.

Ballentine added that she would not recommend feeding chicken, turkey or eggs to certain people.

"I advise people not to feed children, elderly people or people with compromised immune systems free-run or free-range products."

While diseases like salmonella exist in all types of poultry, Statistics Canada reports commercial products are carefully inspected. Birds are rejected at the slaughter house for major things like contamination to minor things like a fractured leg.

Whether your bird of choice this season is one which may have been cramped, miserable and possibly injected with antibiotics on a commercial farm, or one which may have spent the year happily rolling around in dirt eating bugs and who knows what else, be advised of what you are getting. Above all, make sure all utensils are cleaned before and after preparation, and the bird is properly cooked and stored after. Bon appetit!

The ratings are in Maclean's releases its 1997 university report

By Casey Johnson

Maclean's 1997 ranking of Canada's top universities is in. The magazine staff researched 42 english-language universities and nine french-language universities before coming to their conclusions.

The 42-page magazine ranked the University of Toronto first in the medical/doctoral category, Simon Fraser University first in the comprehensive category, and Mount Allison University first in the primarily undergraduate category.

All of the above universities held their number one position for the second year in a row.

In the survey of reputational winners, The University of Waterloo ranked first for highest quality, most innovative, leaders of tomorrow and best overall.

The overall comprehensive rankings, starting with the first place winner and continuing in descending order, are: Simon Fraser, Guelph, Victoria, Waterloo, York, Memorial, Carleton, Windsor, New Brunswick, Regina, Concordia, UQAM and Trois-Rivieres.

The overall medical/doctoral rankings, in the same order, are: Toronto, Queens' McGill, British Columbia, McMaster, Alberta, Dalhousie, Montreal, Western, Laval, Ottawa, Saskatchewan, Calgary, Sherbrooke and Manitoba.

The overall primarily undergraduate rankings, in the same order, are: Mount Allison, Acadia, Trent,

"Increasingly, we're seeing students who are unwilling to mortgage their futures, who feel shortchanged by the system. Changes to funding and to student assistance must be won."

Ann Dowsett Johnston,
Maclean's assistant managing
editor

St. Francis Xavier, Wilfrid Laurier, Bishop's, Winnipeg, Lethbridge, St. Thomas, Moncton, Saint Mary's, Mount Saint Vincent, Prince Edward Island, Brock, Lakehead, Brandon, Laurentian, Rimouski, Ryerson, Nipissing, Cape Breton (UCCB), Chicoutimi and Hull.

The seventh special-edition magazine rated the campuses in the three main categories, but included six subject areas in their study as well.

They are: academic achievements of the student body; class size and access to tenured professors; calibre of the faculty; operating budget, and percentage spent on student services, scholarships and bursaries; quality of the library; and reputation among graduates from over 3,500 high-school guidance counsellors,

academic administrators and CEOs of major corporations.

According to Maclean's, ratings may show quality but there is also other factors to consider.

The study revealed that 44 per cent of the universities reported a drop in their operating budgets; 56 per cent have increased class sizes across the board; 49 per cent have fewer first-year classes taught by tenured faculty; and students are taking longer to graduate.

Maclean's also reported that 84 per cent of universities have upped their scholarship and bursary figures, and 70 per cent are allocating a larger proportion of their budget to student services.

Ann Dowsett Johnston, Maclean's assistant managing editor, said in a press release, "The battle to preserve excellence in, and access to, Canadian universities has never been more critical."

"Increasingly, we're seeing students who are unwilling to mortgage their futures, who feel short-changed by the system."

"Changes to funding and to student assistance must be won, and the community at large must lend its weight to the fight ahead."

Maclean's also ranked Ontario's universities as follows: Toronto, first; Guelph and Queen's, second; Trent, third; Waterloo, fourth; Wilfrid Laurier, McMaster and York, fifth; Carleton, seventh; Windsor, eighth; Western, ninth; Ottawa, 11th; Brock, 14th; Lakehead, 15th; Laurentian, 17th; Ryerson, 19th and Nipissing, 20th, all in their respective categories.

DSA Elections '98

**Nominations Open
January 19 - 28
for the following positions:**

**President
Vice President of Operations
Vice President of Student Affairs**

More information
is available
at the DSA Office





Sports



Home hockey rinks boost backyard play

By Matt Harris

Each winter, hundreds of little kids picture themselves playing hockey alongside the likes of Mark Messier and Wayne Gretzky. They skate for hours, imagining scoring the winning goal in the seventh game of the Stanley Cup Finals. They are not playing in Joe Louis Arena, but a mere pad of ice in their own backyard. However, it is no longer just a pad of ice, thanks to Brian Young.

Young is the inventor of Home Ice Advantage, a kit for building your own backyard rink. He said the idea came to him out of necessity.

"My son wanted to play hockey," Young said. "And with arena time so expensive, I thought there had to be another way. I didn't want to spend all that time building a 'traditional' rink either."

Young said he went to see the rink a neighbor had built in his backyard and decided to try it himself.

"The first time was a disaster," he said. "I couldn't get it right. It was harder that I imagined because I didn't have instructions on what to do."

Over a period of several winters, Young continued development on the rink plan. Instead of just flooding the backyard, he put down a poly liner to flood the water into. From there, he put boards along the sides of the ice pad, supporting them with metal spikes along the base.

"It took me five years before I was satisfied with what I had come up with," he said. "And what I ended up with is great. Home Ice Advantage has reusable supplies, with the exception of a new poly liner every few years when it

wears out.

"Hockey has become so popular that it makes ice time in arenas so hard to come by. That is why I think backyard rinks are making a comeback."

During his first year in marketing Home Ice Advantage, Young made an instructional video on how to put together the product and what supplies were needed. What he found was people would watch the video and not order the supplies from him. He said they would find out what they needed and get it somewhere else.

"To avoid that now, we include everything in the retail package," Young said. "And the nice part about it is expanding is easy. I've tried to develop it in a way so people can use various supplies they have available to build up the rink with."

"There are some kits that are a little cheaper, but you don't get the same quality," he said. "This kit only takes about four hours to assemble."

Young said the biggest complaint he used to hear about the retail package was cost. That is where the design modifications came in, he said. By allowing more flexibility in building materials, Young said, the cost was more or less in the hands of the buyer. They could put as much or as little into the rink as they wanted after getting the initial package.

Young said further developments might include extra support braces, which may be needed when the rink is constructed on an uneven yard. Also, he hopes to make pieces available to round out what are now square corners.

"With the basic instructions, anyone can put together this rink," Young said.



Conestoga Condor hockey player Darryl Sinclair makes a final equipment check before boarding the bus to Lindsay Dec. 4. (Photo by L. Scott Nicholson)

Hockey team sails past all challengers

By Corina Hill

The Conestoga Condor men's hockey team dominated a tournament played in Lindsay Dec. 4 and 5.

The Condors went into the tournament reeling after a loss to S.S. Fleming Nov. 25.

Not liking the taste of defeat, the Condors blew-away the competition, including the nationally ranked number two team, Cambrian.

The Condors defeated Sault College 8-3 in the first game of the tournament. They defeated Boreal 7-2 in an early morning game and went on to defeat Cambrian 5-2 the same day.

"It was just a good little three game series," said Condor head coach, Kevin Hergott.

When the Condors faced Sault College on Thursday night, Conestoga expected some tough competition having almost lost to them Nov. 22. It seemed Sault had their own agenda when Dean Hodges scored the first goal only three minutes into the game.

Condor Matt Goodburn scored and another goal for the Condors was soon added by teammate Chris Palubski, leaving the score at the end of the first period, 2-1 for the Condors.

Conestoga's scoring streak continued into the second period with goals by Paul Brown, Trevor Uhrig and captain Jeff White.

Sault's Jason McLean and Chris Stone scored the last two goals for the Cougars in the second period.

The Condors were unstoppable in the third period netting three goals before the end of the game. Scoring for the Condors were Darryl Sinclair, Goodburn and Mike Traynor.

Hergott accounts the high score

to a low number of penalties. The Condors received only four penalties while the Cougars only had two.

With most of Conestoga's goals in the season being scored while on a power play, Hergott said none were scored during the Sault game. "There just wasn't any opportunities for a power play," he said.

The penalty minutes were also low when Conestoga played Boreal.

Conestoga received 20 penalty minutes and Boreal received only 18.

Conestoga's Sinclair scored early for the Condors. His goal was followed several minutes later by Chris Bumstead.

Boreal followed suit with Andre Brunette sneaking a shot past Condor goalie Philip Popp. Assistant captain Rene Tache tied the game in the second period to give the Condors a feeling of uneasiness.

The feeling didn't last long as Traynor, Sean Murray and Goodburn all scored before the end of the second period.

In the third period, Uhrig scored quickly bringing the score up to 6-2 for the Condors.

Murray netted his second goal of the game with just over a minute left in the third period.

The score at the end of the game was 7-2, identical to their previous meeting in October.

Hergott said he knew what his team needed to do after watching a game between Cambrian and Seneca Thursday evening.

"It was just a goonfest," said Hergott. "It took two hours to play the first two periods."

"It showed us that if we stayed on the ice, we could beat them."

Cambrian started the game with a goal by team captain Sheldon Weber. Weber's goal was followed by a goal from

Golden Shield's D.J. Selkirk.

Before the end of the first period Cambrian had been in the penalty box for a total of 28 minutes with two of the penalties being a 10-minute misconduct. By the time Dylan Seca finished his 10-minute penalty, he had received a gross misconduct, one of three that were handed out to Cambrian players.

The Condors also spent some time in the penalty box. Four of Conestoga's players received penalties, returning to the ice two minutes later.

Yet it was Cambrian's penalty minutes that helped put the Condors on the scoreboard. Both Traynor and Jason Snyder capitalized on Cambrian's penalties, tying the game 2-2 at the end of the first period.

Being shorthanded meant nothing to the Condors in the second period. Both Sinclair and Bumstead scored goals while the Condors had a disadvantage.

In the third period, Conestoga once again capitalized on Cambrian's penalties with Bumstead adding his second goal of the game.

"People have to be weary when we have the powerplay, because we will score," said Hergott.

In total, the Golden Shield amassed 131 penalty minutes in the game.

One of the most noteworthy penalties came when Cambrian goalie Chad Ford rushed Traynor in the second period. He started throwing his stick as well as his fists. Ford, who has been dubbed as the best goaltender in the league received a two-minute penalty, a 10-minute misconduct and a gross misconduct for his actions.

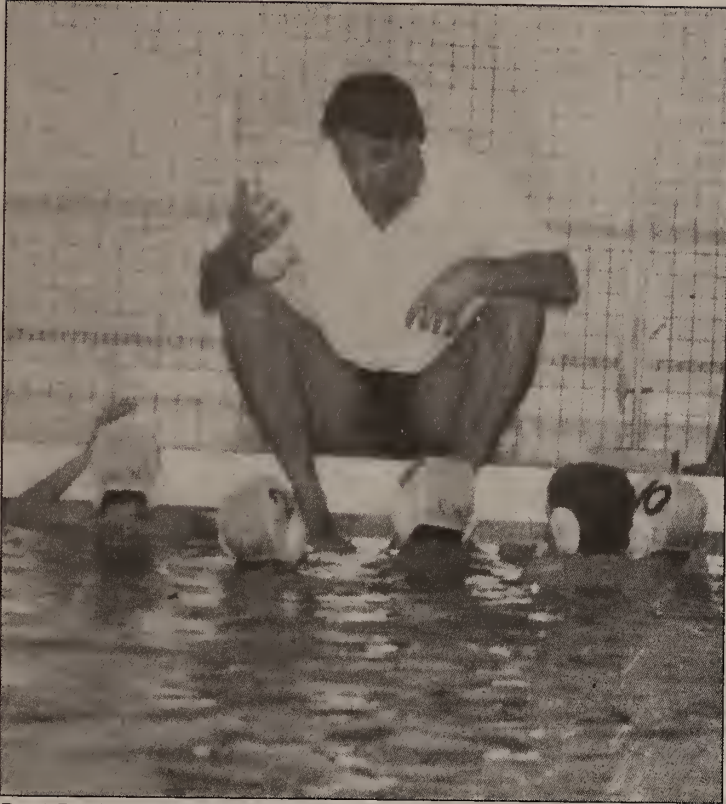
"He was being an idiot," said Hergott. "As much as the guy from Cambrian is said to be the best, I'll take our goaltenders."



Brian Young, creator of the Home Ice Advantage backyard hockey rink. (Photo by Matt Harris)



Sports



Paul Pottier has a pre-game pep talk with his players.
(Photo by L. Scott Nicholson)



Jessica Drysdale of Ottawa eyes up a shot as she attempts to make a save while a Kitchener-Waterloo player swims by looking for a rebound.
(Photo by L. Scott Nicholson)

K-W water polo club growing in popularity

Former Canadian Olympian inspires young water polo players

By L. Scott Nicholson

For some people, the name polo is synonymous with a line of fashions from Ralph Lauren or a game played by the rich on horseback. For others, the inclusion of a swimming pool and a yellow rubberized ball brings an entirely new meaning to the name.

Water polo, as it has come to be known, is a sport comparable to soccer and basketball in which opposing teams made up of six swimmers and a goalie, try to score on one another. Players tread water for the entire four quarters of the game, passing the ball to teammates, in the attempt at setting up a goal within the 35 seconds allotted for a shot.

Despite the frenzied excitement involved in water polo, the Kitchener-Waterloo Water Polo Club has existed since 1976 in relative isolation. However, club president Brian McMullen said the sport's popularity is slowly growing in the area.

"The sport is growing, but it still needs more help," he said.

McMullen said since he joined the local water polo club in 1992,

club membership has doubled to about 60 members, something he attributes to successful public relations and word of mouth between children.

McMullen said the increased interest in the sport is also attributable to the presence of two excellent coaches, Dorjel Terpenka and Paul Pottier.

Pottier in particular brings an extra element to the K-W club. Apart from being the father of three young water polo players, he also has the added experience of having been a two-time Olympian.

Pottier was the fourth leading scorer in the 1976 Montreal Summer Olympics and was Canada's team captain during the 1984 Los Angeles Summer Olympics, an honor Pottier joked was given to him when no one else wanted the job.

Pottier said his involvement in the sport began when he started playing at age 14 in the highly competitive recreation and high school leagues in Hamilton.

Pottier said he was scouted by national team coaches at various tournaments and made the final cut to make the Olympic team.

Pottier retired in 1984 from competitive water polo. In 1995, he said, his involvement in the sport started again when he introduced his oldest son Jake, 13, to the sport.

He said the bantam (under-13) coach wanted to get out of coaching and Pottier decided to start.

Pottier's wife, Toni, who is also a former water polo player, said she was really encouraged to see her husband's involvement at the grassroots level.

"Paul has a very laid-back approach to coaching and most importantly he's having a lot of fun doing it," she said.

Pottier's Olympic experience has also instilled similar hopes in younger players.

Maja Blazon, 15, and Sarah Reid, 15, both of Kitchener said the idea of playing water polo at the Olympics would be great if they were good enough to make the national team.

Both young women said they were further encouraged to hear of the recent decision which will recognize women's water polo as an official event at the 2000 Sydney Olympic Games.



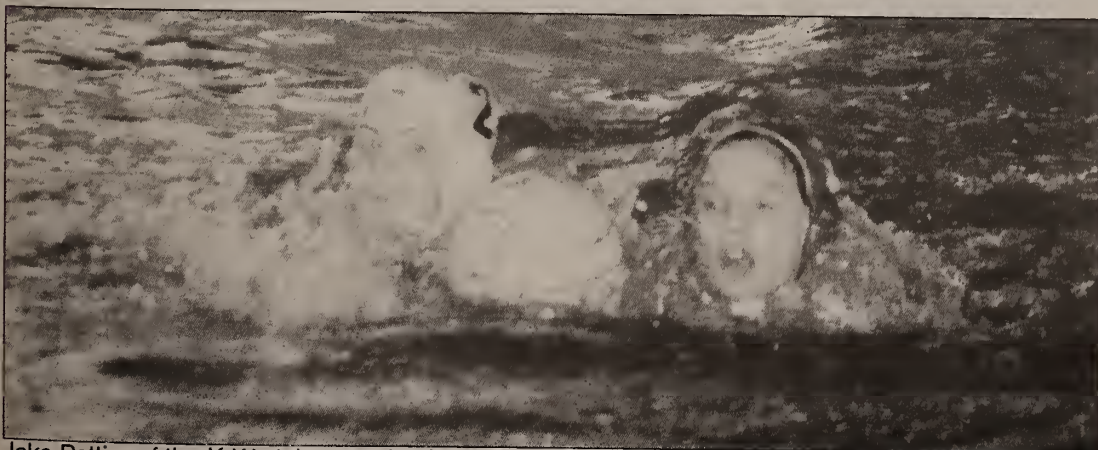
Blue Mountain Ski Trip, Fri., Jan. 30.

Plan to ski white at Blue Mountain. The DSA is organizing a bus trip for students, who can either ski or snowboard.

The cost of the trip is \$25, which includes an all day lift pass and transportation. The

rental rate of skis is \$11 and snowboards is \$24. An additional credit card deposit of \$400 is required for snow board rentals.

Students may bring one (1) guest on this excursion. Sign up at the DSA Office by January 21, 1998.



Jake Pottier of the K-W club races for the ball with Sean Maddridge of Ottawa during the Kitchener-Waterloo Bantam/Cadet Winter Tournament held Dec. 5 - 7 at the Waterloo Recreation Swimplex.
(Photo by L. Scott Nicholson)



Jock Talk

Sprewell spoiled

More money, less class

Now that Latrell Sprewell has some free time he might want to look into an acting career. If Hollywood ever does a remake of The Wizard of Oz, there may just be a role for him and it isn't as a lion or a tin man.

The strangulation of coach P.J. Carlesimo by the all-star ex-Golden State Warriors' guard is the latest in the never-ending saga of stupid career moves by professional athletes.

During a run-in with his coach during practice, Sprewell placed his hands around Carlesimo's neck and uttered death threats. The NBA has since suspended him for a year.

The Warriors were able to nullify his multi-million dollar contract under the clause which reads "thou shall not try to murder thy coach." It is written right into the contract, immediately after the "thou shall not kick a cameraman in the groin" stipulation.

Could there possibly be something backwards in sport these days? Athletes were once role models for children, but now children have become role models for athletes.

Look to the NHL for instance. After the Canadian Men's Olympic Hockey Team was announced without the name Claude Lemieux, the Colorado Avalanche forward was heard boarding the team bus mumbling, "Go U.S.A." What class and grace in the face of disappointment.

As we turn to football, we see the true giving nature of professional athletes. In his spare time, Dallas Cowboys receiver Michael Irvin



Dan Meagher

decided to invite some die-hard fans into his humble abode for dinner. Naturally, Irvin was appalled to find out that his guests were undercover prostitutes.

In our fourth major sport, baseball, our heroes don't want to disappoint us. Baltimore Orioles second

baseman Roberto Alomar wanted to show young fans the proper way to dispose of tobacco juice. Unfortunately, he mistook the umpire's cheek for a spittoon and, hence, his image was tarnished.

There was a time when athletes came to the pro ranks with aspirations of being ambassadors for their sport just as their heroes had been. They are a dying breed.

What must Wayne Gretzky think of his years spent treating reporters with class and fans with dignity when he shares the same ice with some of these players? And how would Cal Ripken feel to associate himself with his aforementioned infield mate?

It seems that the more players are catered to, the less they think for themselves. In many cases, players are receiving gifts as teenagers (see Marcus Camby), and by the time they ascend to the pros, they are spoiled and care-free. Can we even blame them for reacting poorly when they don't get their way?

Unfortunately, it has gotten to the point where we look to athletes for entertainment, and even comedy, but not for a good example. Whether this is a big loss to the everyday fan or not, one can be sure that Howie Morenz is turning in his grave.



Face Off

Kitchener faces off against Guelph during a women's Senior A hockey game Dec. 6 at the Kenneth E. Hunter Recreation Centre.
(Photo by Corey Jubenville)

MEN'S HOCKEY

TEAM STANDINGS

TEAM	GP	W	L	T	PTS
Conestoga	9	8	1	0	16
Seneca	10	6	4	0	12
S.S. Fleming	9	4	3	2	10
Cambrian	7	4	2	1	9
Boreal	9	2	6	1	5
Sault	10	1	9	0	2

INDIVIDUAL STANDINGS

NAME	TEAM	GP	PTS
Darryl Sinclair	CON	9	28
Chris Palubski	CON	9	22
Matt Goodburn	CON	9	21
Geoff Smith	SEN	10	17
Chris Colburn	SEN	10	17

LEAGUE RESULTS

Dec 4	Cambrian	5	Seneca	3
Dec 4	Sault	3	Conestoga	8
Dec 4	Cambrian	5	S.S. Fleming	5
Dec 4	Boreal	6	S.S. Fleming	5
Dec 5	Boreal	3	Seneca	6
Dec 5	Cambrian	2	Conestoga	5
Dec 5	Boreal	2	Conestoga	7
Dec 5	Sault	1	Seneca	7
Dec 5	Sault	0	S.S. Fleming	1

Kitchener Transit Passes

ON SALE

Monday, January 5

&

Tuesday, January 7

10 am - 2 pm

Door 3 Foyer



4 Month Pass \$164

Photo ID \$4

